

CONCORD HOSPITAL Center for Health Promotion

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MindStrength

A training series offered by the Concord Hospital Center for Health Promotion

"In this age of unprecedented distraction and information density, every professional needs tools to clear the mind, calm the body and reveal what matters most. It is both a practical and personal necessity." --Steven Keeva, Assistant Managing Editor, American Bar Association Journal

Who Might Participate: All leaders, managers and individual contributors who wish to actively cultivate focus, clarity, confidence and ease at work

Why You Might Participate:

Mindfulness is a capacity every human being possesses; it's an essential quality we can learn about, cultivate and strengthen. Mindfulness training teaches us to attend to what is happening within us and around us with curiosity and genuine interest. It's a means for becoming clear about situations, our thoughts and emotions, and about the range of options that are always available to us yet so often hidden from view. It's about paying attention, in a very particular way.

Mindfulness training has proven successful in helping people reduce anxiety, enhance their sense of internal stability and clarity, improve brain function, strengthen emotional intelligence, encourage neuroplasticity, and achieve more executive mind function (sustaining attention, diminishing distractibility, awareness of the larger context.)

People who have undertaken mindfulness training report that you can:

- Enhance, enrich and balance professional and personal life
- Discover means for understanding and working directly with sources of stress
- Develop the range and flexibility of attentional capacity, from focused to broadly inclusive
- Recognize and work more effectively with personal patterns of emotional reactivity in work settings
- Free up and re-direct energy previously spent on stress-reactive behaviors
- Attune simultaneously to our own needs and the needs of others in interactions
- Relax in a focused, attentive, engaged way

Training Forms:

- Mindfulness Introduction:
one-hour lunch-and-learn style format, includes brief history and examples from research, introduction of main concepts and brief introductory practice
- Power of the Pause:
a half-day workshop to experience the power of pausing to access calm, control and insight; review the multi-faceted definition of stress; learn about “good stress” and how to structure your workplace to allow employees to stay in “the zone” of effectiveness and well-being.
- MindStrength 6-week series class:
A six-week class to engage in sustained group learning; includes various meditations and mindful gentle movement. Class format includes experiential practice, exploring direct experience through dialogue together, and looking at the theory and science of mindfulness. Participants will be asked to complete 15-20 minutes of out-of-class CD-guided practices 3-4X per week during the program. Pre- and post-program measures will be taken to help participants and organizations assess the results of the program. All personal information is confidential.

MindStrength participants are trained and supported in learning how to:

- Develop direct, moment-by-moment experience of life, within and around us
- Incorporate learned mindfulness practices into the workday
- Recognize and interrupt previously learned, unskillful habits
- Choose new ways of relating and responding to conditions that can't be changed
- Recognize and learn how to lessen the power of destructive self-talk
- Cultivate attentive listening and dialogue skills

Workplace competencies targeted in this program:

Leading Change and Managing Transitions, Interpersonal Influence, Critical Thinking, Active Listening, Emotional Intelligence (Daniel Goleman's domains of Emotional Intelligence are self-awareness, self-regulation, motivation, empathy, social skill)

Brief sample training description for in-house communication:

Mindfulness training has proven successful in helping people reduce anxiety, enhance their sense of internal stability and clarity, increase focus and build resiliency. Through this training, people can achieve greater emotional intelligence, improved communication skills and stronger executive function in the brain. Participants will engage in mindfulness practices specifically designed for the workplace, including experiential inquiry and various meditation and mindful movement exercises. Under the guidance of an experienced teacher, you

will learn together by looking at the theory and science of mindfulness, by investigating direct experience, and through practice.

For more information on this and other Concord Hospital *MindStrength* training programs, please contact Margaret Fletcher at mwfletch@crhc.org

About Margaret Fletcher:

Margaret Fletcher teaches mindfulness for the Center for Health Promotion at Concord Hospital in NH. She received her certification to teach from the University of Massachusetts Medical School's Center for Mindfulness in 2013. She is a founding member of the NH Professional Mindfulness Community. Margaret was invited in 2008 by Norman Scrimshaw to teach meditation through White Mountain Sangha, which she now leads as Guiding Teacher. She achieved her 200-hour RYT certification in Ashtanga Yoga in 2007. Margaret has been an adjunct professor at NHTI, Concord's Community College. Prior to teaching mindfulness, Margaret enjoyed a 20+ year career in financial services, as vice president of management accounting for regional and national banks. In her free time, Margaret is working on a master's degree in mindfulness studies at Lesley University. She enjoys time with her family, reading, gardening and great films at Red River Theatres.